

News Briefs

Wing goal day Monday

Col. Dave Goldfein, 52nd FW commander, has declared Monday a wing goal day. Base agencies are closed.

DeCA civilian retires

Defense Commissary Agency civilian grocery department manager Herbert Lehnertz will retire April 30 after 33 years of service. Mr. Lehnertz began with the Spangdahlem AB Commissary in 1972 as a sales clerk. In July 2000 he was promoted to grocery department manager. During his 33-year career, Mr. Lehnertz earned 18 sustained Superior Performance Awards and received three "on the spot" awards for outstanding customer service.



Herbert Lehnertz

In 1961, Mr. Lehnertz was a base contractor who delivered groceries to Americans throughout the housing area. In 1962, he was drafted to the German army as a supply technician. From 1963 to 1972, Mr. Lehnertz was a self-employed delivery contractor. He remained active in the community and participated in bands and choirs for 40 years. Mr. Lehnertz became part of the town council in 1967, and in the 1980s he was a fill-in works council member for four years at Spangdahlem AB. He is currently a member of the regional council involved with local towns.

Change of command

The 81st Fighter Squadron change of command takes place March 30 at 3 p.m. in Hangar 3, as Lt. Col. Keith McBride replaces Lt. Col. John Cherrey. A reception in Hangar 3 will follow.

2006 Community Assessment survey

The Air Force has administered the 2006 Community Assessment through April 2006 to gather thoughts and perceptions of living and working at Spangdahlem AB. The responses of wing members and their spouses who have been randomly selected to participate in the anonymous survey will help improve services to better meet the needs of Sabers and their families here. For details, call Lynn Luria at 452-9491.

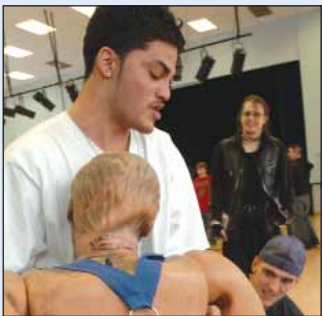
Air Park volunteers wanted

The 52nd FW seeks volunteers March 24 from 1-4 p.m. to help wash and preserve five Spangdahlem AB Air Park aircraft. Call Tech. Sgt. Rick Carrillo at 452-7706 or e-mail rick.carrillo@spangdahlem.af.mil with the subject line Air Park Volunteer for more information.

It's a living

BHS students take a peek at what the future might hold for their careers.

Read "Works for them ..." on Page 4.



Eifel Times

Vol. 40, Issue 11

Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

March 17, 2006



Airman Emily Moore

Chief Murray visits Spangdahlem

(Center) Chief Master Sergeant of the Air Force Gerald R. Murray, and Chief Master Sgt. Gary Coleman, U.S. Air Forces in Europe command chief, get an engine inlet inspection briefing from Airman 1st Class Mark Peralta, 52nd Component Maintenance Squadron jet engine technician, in the jet propulsion section. Senior Master Sgt. Wayne Stephens, 52nd CMS superintendent, left, listens in March 9. The 14th CMSAF announced plans to retire this summer after serving more than 28 years in the Air Force. Chief Murray has served as the CMSAF since July 1, 2002.

Air Force Assistance Fund lends helping hand to Airmen

By 1st Lt. Sean Scruggs
52nd Maintenance Operations Squadron

The Air Force Assistance Fund drive begins Monday and runs through April 30.

One Airman here said he can attest to the program's effectiveness.

When Mother Nature unleashed her wrath upon the United States Gulf Coast last year, 24-year-old Airman 1st Class James Mancil said he couldn't wait to get home to his mother, brother and 4-year-old son.

The 81st Aircraft Maintenance Unit Airman said the family survived the Category 5 hurricane, but still needed help putting their lives back together. The American Red Cross paid for his ticket home, but he knew that simply being there would not be enough to help.

"I watched Hurricane Rita slam into my boyhood home," said Airman Mancil, recalling the destruction of his neighborhood in Sulphur, La.

Within a day, Airman Mancil was on his way to the states with a \$600 loan furnished by Spangdahlem Air Base's Air Force Aid Society. Reunited with his family in Houston, he and his relatives loaded up a truck with gas, non-perishable food and basic toiletries before they headed home.

Airman Mancil said the gas lasted for three days and the food stretched out for more than two weeks.

"The loan made all the difference," he said. "Without being able to provide resources, it would have made the situation worse."

The loan helped bridge the gap between desperation and a glimmer of hope that sustained the family.

"We were the only house around with power -- people came over to use our shower and take a break," Airman Mancil said.

Airman Mancil returned to Spangdahlem AB after 20 days of leave to learn that the loan had been approved as a grant and did not require repayment. Eternally grateful, the Airman and his family said they will never forget that a little help can make all the difference in the world, especially when fate takes a turn for the worse.



Senior Airman Amaani Lyle

Airman 1st Class James Mancil, 52nd Aircraft Maintenance Squadron 81st Aircraft Maintenance Unit A-10 crew chief, watches images of U.S. military search and rescue members who attempted to find survivors of Hurricane Rita last fall. Some residents of Airman Mancil's hometown of Sulphur, La., were evacuated to Houston, Texas.

The AFAP organizations include the Air Force Village Foundation, Inc., the Air Force Aid Society, Inc., the General and Mrs. Curtis E. LeMay Foundation, and the Air Force Enlisted Village, Inc. These organizations help Air Force members with aid in an emergency, with educational needs, or to have a secure retirement home for widows or widowers of Air Force members in need of financial assistance. AFAP also provides qualified Airmen interest-free loans or grants during personal and family emergencies. The assistance encompasses necessities like food, rent, utilities, essential car repairs and certain medical and dental care.

The AFAP took form in 1942 as General Henry "Hap" Arnold identified the need for an organization that "... could provide emergency assistance to the wives and war victims ..."

Over its 64-year history, AFAP expanded to help people across a large spectrum with its charity affiliates. For details, visit <http://www.afas.org/> or call group and squadron representatives.

RESCON Watch

BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: 20

Large unit with best record: 52nd Communications Squadron, 433 days
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.

SECAF discusses way ahead in latest Letter to Airmen

SAN ANTONIO (AFPN) -- In his latest Letter to Airmen, released March 8, Secretary of the Air Force Michael W. Wynne focused on Air Force Smart Operations 21.

The program is based on both Lean and Six Sigma business process improvement tools. These tools were developed chiefly in the private sector to increase value to customers, save time and money, reduce waste and improve quality.

In his Letter to Airmen, Secretary Wynne explained how Smart Ops 21 will affect the future of the Air Force.

Letter to Airmen: Air Force Smart Operations 21

Our role as an Air Force is to provide an array of capabilities for the Combatant Commanders to use as directed by the President. These capabilities include the widest variety of joint operations from combat operations to humanitarian aid. Like any other organization, we must seek to constantly give value to our "customers." It's not only the right thing to do for the American taxpayer; it's the smart thing to do.

In my December "Letter to Airmen," I talked about expanding LEAN concepts beyond just depot operations. That effort has now grown into Air Force Smart Operations 21 (AFSO 21), a dedicated effort to maximize value and minimize waste in our operations. AFSO 21 is a leadership program for commanders and supervisors at all levels, looking at each process from beginning to end. It doesn't just look at how we can do each task better, but asks the tougher and more important question: Why are we doing it this way? Is each of the tasks relevant, productive, and value added? In other words is it necessary at all? With AFSO 21, we will march unnecessary work out the door -- forever.

AFSO 21 signifies a shift in our thinking. It is centered on processes (groups of tasks) rather than tasks alone, which allows us to gain insights into the value, or lack of value, in each task we perform. For example, why does an EPR take 21 days at some bases to process, and only 8 at another? We must do better across the entire Air Force, and no process is immune from this critical review. AFSO 21 is built on successful principles from the corporate world, and has already yielded results in the Air Force. AFMC has used the tenets of AFSO 21

to put an extra 100 tankers back on the line each day. AFSO 21 is about working smarter to deliver warfighting capabilities.

We must continue to meet our worldwide requirements even with the continued pressure on our budget. But AFSO 21 is not about cost cutting; it enables our service to take our warfighters of today and grow them into the most effective and efficient thinkers for 2010 and beyond. The continuous process improvements of AFSO 21 will be the new culture of our Air Force. We will look at innovative ways to use our materiel and personnel more efficiently. For example, we're already planning on using the Guard and Reserve differently under the concept of Total Force Integration, capitalizing on their inherent strengths.

As AFSO 21 training comes to your base, ask yourself, "What have I improved today?" Every idea is worth taking to your supervisor. To learn more about the AFSO 21 program, visit the AFSO 21 Web site at <http://www.afso21.hq.af.mil/>. I have full faith that by implementing AFSO 21 together, we will make our Air Force not only more effective, but will drastically improve our combat capability.



Dress rehearsal

(Left) Chaplain (Capt.) Buddy Walker, 52nd Fighter Wing chapel staff, distributes pamphlets on stress management to simulated deploying troops during Exercise Desert Saber.

Photos by Airman First Class Josie Kemp

(Right) Senior Airman Kristin Barrier, 52nd Operations Support Squadron air traffic controller, monitors radar activity during Exercise Desert Saber.



DoDDS schools conduct Terra Nova testing to help ensure standardized education

By Ashley Sandau
Bitburg High School

Bitburg Annex and Spangdahlem Air Base schools conducted Terra Nova testing this week.

The norm-referenced, standardized achievement test measures basic skills taught in schools throughout the nation. The assessed subject areas include reading, spelling, mathematics, science, social studies, word analysis, vocabulary, language mechanics, and mathematical computation.

Each student's achievement in a broad area, such as language or mathematics, can be compared with other students' achievement in about the same grades, said Bitburg High School assistant principal Susan Hargis.

The test provides a "snapshot" of how much learning the student has achieved so far. The test measures the basic content and skills that are most common to curricula throughout the country. It cannot possibly measure, nor should it attempt to measure, the full curriculum of a particular classroom or school.

The standardized test helps Department of Defense Dependents Schools students worldwide in grades three through 11, and students in 31 states, measure improvement in various subjects.

"It's primarily a tool for comparison," said Ms. Hargis. "It is given and used to assess and compare students across the world."

According to the 2002 No Child Left Behind Act, every student should receive the exact same education. Students take the Terra Nova test to ensure this goal is being achieved or at least worked toward.

Students' scores are assessed to determine what they have learned and how they have improved from past years, which reflects on the teachers.

"The test shows the quality of instruction," Ms. Hargis said. "Therefore, teachers need to have a good attitude about the test to help motivate the students to do well on it."

The students' scores not only reflect on them, but are also a factor in such things as determining their schedule for the next year or even giving them an edge in the college admissions process.

"Terra Nova is a way to express your individual intelligence," said freshman Shannon Joyner.

Though BHS students' scores are well above average for the nation, the goal is always to shoot higher, Ms. Hargis said.

With averages in the 70th percentile, Ms. Hargis said she hopes to push them into the 80's within three years.

"BHS may be one step closer to achieving that goal," she added.

SMS students meet, attend classes with German pen pals

By Diana Malmgren

Spangdahlem Middle School

Nineteen Spangdahlem Middle School seventh and eighth graders met their German pen pals and other students in late January at the St. Willibrord Gymnasium in Bitburg.

Frau Ingrid Enders, SMS's host nation teacher, coordinated the cross-cultural meeting.

Principal Herr Mettrich and Frau Dagmar Leppin-Becker greeted the students, who then paired up with their pen pals and attended classes with them.

The students communicated using a combination of German and English, because each was studying the other's language.

Many of the SMS students said they found the visit very interesting.

Some even attended physical education classes and were surprised by how strenuous they were.

They were surprised that there was no lunch period for the students, but liked the 20-minute break that all 1,000 gymnasium students take at 10:30 a.m.

It was amazing to see that many kids milling around and visiting each other without problem, although it was crowded. "It was really hard to move around," said Joshua Moeller, SMS eighth grader.

The day ended with a school scavenger hunt for the pen pals. They had to identify different trees, areas, landmarks and quotations scattered throughout the school.

Questions and required answers alternated in German and English, so the students had to work together to come up with the correct answers.

In the end, two teams tied for first place and split the prizes.

All the students said they look forward to the spring when the German students will come and visit Spangdahlem Middle School.





Senior Airman Amaani Lyle

Top Saber Performer

Name: Tech. Sgt. Irvin Gates
Unit: 52nd Equipment Maintenance Squadron
Duty title: Aerospace Ground Equipment Inspection Section NCOIC
Hometown: Marshall, Texas
Years in service: 11
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Gates directs 28 people in completing more than 1,500 inspections and maintenance actions on 577 pieces of Aerospace Ground Equipment. This equipment is critical in providing aircraft and back-shop support for the F-16, A-10, AMC, and transient alert. At the onset of this quarter, Sergeant Gates

eliminated equipment bottlenecks by executing a new inspection schedule. His superb management of equipment and personnel ensured the AGE flight continued to maintain a 93 percent mission-capable rate. Additionally, the inspection section maintained a 99 percent scheduling effectiveness rate for the first time in two years.
Off-duty volunteerism and professional development pursuits: Sergeant Gates is currently completing his Community College of the Air Force degree.
What do you do for fun? I like to work, sleep and go bowling.
What do you like most about being stationed here? I like the traveling opportunities because I can break in my new global positioning system.
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I'd like to see a "food court" that offers more selection, similar to Ramstein Air Base, Germany.

SES earns first place in DoDDS competition

Staff reports

Two teams from Spangdahlem Elementary School participated in the Department of Defense Dependents Schools-Europe "Odyssey of the Mind" competition in Garmisch March 4.

The teams compete in the annual international competition in the local and regional area for the opportunity to advance to the World Championship in the U.S.

Judges consider the teams' abilities to solve both prepared and spontaneous problems.

The six-member SES third and fourth grade, Division 1 team consists of Rachael Brewer, Selina Edinger, Jacque Torpy, Brittany Brackenridge, Andrea

Torres, and Marina Wright.

The students placed first in their competition, with their highest total score surpassing even high school teams.

They were also awarded an Outstanding Omer Award, presented for their teamwork during their spontaneous problem solving.

SES also sent a six-member first grade team to participate in a non-competitive event designed to allow younger children the experience of the competition.

The Division 1 team will be competing in the World Championships in Ames, Iowa, the last week of May. The students will participate in local-area fundraisers for the event.



Courtesy photo

A cut above the rest

(Left to right) Staff Sgt. John Battelline, operating room technician, assists in an inguinal hernia operation performed by Maj. Sreekumar Subramanian, general surgery chief, as Lt. Col. Kevin Scharff, anesthesia services chief, monitors. All three medical personnel are 52nd Medical Operations Squadron members. Col. Dave Goldfein, 52nd FW commander, observes.

Eifel Salutes

52nd Mission Support Group

Air "waves" and salutes to deployed **Tech. Sgt. Kenneth Gentner**, the 407th Expeditionary Security Forces Squadron Saber who phoned into a Florida radio show "Front and Center." The call resulted in listeners dropping off about 28 boxes of school supplies worth more than \$1,500. The pencils, crayons and coloring books have been delivered to students at local schools in Iraq. Cable capable was **Tech. Sgt. Martin Hoebert** who, with same-day notice, was able to install a cable to a projector that increased the user friendliness of the briefing room and ensured new Sabers receive quality briefings during Combat Intro.

52nd Operations Group

Making a dent in aviation management tasks is **Master Sgt. Paul Denton**, who was selected as the 2005 U.S. Air Forces in Europe Outstanding Aviation Resource Management SNCO of the Year.

52nd Maintenance Group

Demonstrating true dedication is A-10 dedicated crew chief **Staff Sgt. James Pizarro**, who flawlessly sustained his aircraft with a 96.9 percent mission-capable rate and contributed to 259 sorties and 535 flight hours for Air Warrior and Red Flag exercises. Faulty equipment? Not if it's "Toombs' rator," appropriately named for **Staff Sgt. Jimmy Toombs**, who quickly isolated and repaired a generator malfunction on a deployed Air Warrior Pope Air Force Base aircraft and enabled its safe return to home station. Even supermodels don't have this level of runway mastery. Superior performers **Staff Sgt. Todd Wellman**, **Senior Airman Zachary Marquis** and **Airman 1st Class Matthew Blake** flawlessly performed end-of-runway procedures and ensured 259 training sorties took off and

landed safely during Red Flag. Life's a bowl of cherries for **Airman 1st Class Russell Wilson**, who implemented Air Warrior and Red Flag's unprecedented deployed Hot Pits program.

38th Munitions Maintenance Group

A salute computes for **Senior Airman Nathan Jackson**, who is responsible for day-to-day management of all 701st Munitions Support Squadron, Kleine Brogel Air Base, Germany, computer systems, resources and multimedia equipment.

Eifel community

Hats off to the **Bitburg Middle School students** who recently attended the Department of Defense Dependents Schools-Europe Junior Science and Humanities Symposium in Heidelberg, Germany. All BMS students received a medal or trophy. Attendees included seventh grade students **Elaine Cromer**, **Ashley Trolio**, **Jesse Johnson**, **Savon Bracey** and **Cy Wilmoth** and eighth grade students included **Hannah Fowl**, **Emily Krolloff**, **Emily Caoagas**, **Claire Shaw**, **Allyson Barksdale**, **Nikki Brown**, **Edinho Montgomery** and **Jeeno Miranda**.

CDC stars

The following individuals earned scores of 90 percent or higher on their career development course examinations: 52nd Aircraft Maintenance Squadron: **Senior Airman Collin Heine**, 91; and 52nd Civil Engineer Squadron **Airmen 1st Class Charles Reisner**, 92; **Corey Richards**, 91; and **Justin Waskow**, 95.

Kudos to all; Team Eifel salutes you!
 (Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

Top Saber Team

Unit name: 52nd Fighter Wing Plans, Programs and Inspections Office

A brief description of unit responsibilities: The team reviews and coordinates revisions of more than 60 operational logistics plans for NATO, U.S. Air Forces in Europe and the 52nd FW. These Sabers conduct wing and command-level military deception and oversee the counter-information and operational security programs. The team leads wing exercise planning, preparation, and execution to include evaluating aspects of fighter operations, support, logistics, ability to survive to operate and medical disciplines. They also ensure readiness of personnel to deploy in support of the Global War on Terror. The team is responsible for unit compliance inspection management to identify strengths and eliminate weaknesses. These Sabers compile all Commander's Special Interest Program data.

Number of members: 11

How does the team fit into the 52nd Fighter Wing's mission? The team provides integrated planning, training and exercise scenarios that support wing goals.

Team's other contributions through the year? The team led the wing to an "Excellent" rating for the 2005 Operational Readiness Inspection. They conducted the largest-ever wing-level training week, integrated convoy training, Saber self-aid buddy care and expeditionary combat skills into wing exercise scenarios, providing a realistic setting for wing members to prepare for deployment and contingency environments. They also assisted with Rhein Main Transition Program plans integration into 52 FW operations.

Local nationals integral part of U.S. security forces team

By Police Officer First Class
Alexander Weber
52nd Security Forces Squadron

The U.S. military has employed German nationals in the Eifel for more than 50 years, and they seamlessly integrate with the 52nd Fighter Wing to help make the mission happen.

The 52nd Security Forces Squadron integration is among the more seamless on the base. This is especially evident at the Spangdahlem Air Base gates, where many say it is hard to distinguish German civilian police from 52nd SFS members.

The squadron employs more than 40 local nationals as police officers.

“They wear BDUs, berets, and the security forces shield just as military police officers do,” said Senior Master Sgt. Dennis Compton, 52nd SFS operations superintendent.

Sergeant Compton explained that 52nd SFS civilian police officers are distinguished by specialized patches and rank on their sleeves and name tapes that read, “Security Forces” instead of “U.S. Air Force.”

Police Officer First Class Helmut Naumann worked at Rhein Main Air Base, Germany, prior to its closing. “Even after the base closure, I wanted to continue in the job,” he said.

Officer Naumann was hired as a temporary employee at Spangdahlem AB following the withdrawal of the Bundeswehr, the German military who controlled entry to the base from 2003 to 2005.

Officer Naumann is one of more than 20 civilians hired between October 2005 and January 2006. Many of the new hires previ-

ously worked as police officers at Ramstein, Vogelweh, and Rhein Main Air Bases in Germany.

“Where else can you work with an (American) active unit?” Officer Naumann said. “You work side by side -- that’s one of the main differences between ours and the other jobs on base. I think the most contact you can have with American forces is in security forces.”

The 52nd SFS commander emphasized the importance of civilian police officers.

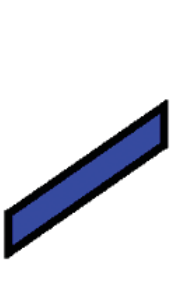




“Our civilian police officers are vital to the mission,” said Lt. Col. Scott Story, 52nd SFS commander. “They provide us continuity and are able to easily bridge the language gap that is sometimes a challenge for our military people.”

In the early 1950s, the Air Force began to recruit local nationals as guards. This unit grew to be approximately 200 individuals strong. In the 1970s, the unit was reduced to 15 members. Those members were integrated into the security police squadron as interpreters and patrol officers to support and function as a liaison with local authorities.

“The civilian police are entrusted with all security forces authorities and perform entry control, anti-terrorism, and law enforcement duties to keep the military community safe and secure,” Sergeant Compton said. “The only place you won’t see them is on the flight line, where military security forces members perform security duties.”

Officer Naumann said he and the other new hires enjoy serving Team Eifel whether it be on the base entry control points or on law enforcement patrols. “Step by step we are becoming part of the community.”

Rank insignia of the German civilian police

				
Police Officer Basic	Police Officer	Police Officer First Class	Senior Police Officer	Team Leader Police Officer



Capt. David Borchardt
Police Officer First Class Helmut Naumann, 52nd Security Forces Squadron, uses the Installation Access Control System, to check an identification card at the main gate here.

Works
for
them ...
BHS students
get a sample of
various careers



(Above) Bitburg High School students Ciara Hubbard and Alicia Freeman examine a jar filled with about one year's worth of cigarette tar as Staff Sgt. Suzy Bright, 52nd Aerospace Medicine Squadron member, teaches them about the perils of cigarette smoking.

(Left) BHS student Tito Messina carries the 185-pound Spangdahlem AB Fire Department dummy used for rescue drills and exercises. Airman 1st Class Zachary Hedquist, 52nd Civil Engineer Squadron firefighter, taught BHS students how to posture themselves and move the heavy dummy around. On Feb. 28 about 350 juniors and seniors participated in the Career Day in the BHS cafeteria, where more than a dozen organizations and sections visited to showcase their career fields. Even the base finance guru Bill Triplett, 52nd Mission Support Squadron, was on hand to offer early advice about saving, checkbook balancing and investments. “When a student gets to college, that’s no time to find out they can’t balance a checkbook,” Mr. Triplett said.

No new DUIs during week; collisions spike from speeding

By David A. Barker
52nd Security Forces Squadron

Team Eifel received no driving-under-the-influence citations during the last two weeks. There were seven major crashes and 54 minor collisions.

The first major crash occurred in Beilingen on B-50. A tire blew out, putting the driver’s vehicle in a ditch. No injuries were reported.

The second major crash occurred on A-1 near Trier where a fox darted in front of a driver’s vehicle. The car was disabled and there were no reported injuries.

The next major crash was on L-39 near Herforst. Speeding on icy roads with summer tires during winter months caused this driver to crash. Polizei fined and ticketed the driver. The vehicle was disabled.

The fourth major collision occurred in Gondorf. A driver sped too fast for icy conditions and crashed. The injured driver was taken to the emergency room. The vehicle sustained major damage to the front end.

Major crash number five was on B-50 near the Albachmuehle hotel. This three car accident was caused by speeding on an icy road. A driver lost control of a vehicle while rounding a curve and struck another vehicle. An additional vehicle struck the same car from the other direction and squeezed the disabled car. There were no injuries reported.

The sixth major crash occurred on B-51 near Bitburg when a driver tried to pull over to allow others to pass and flipped into a ditch. The driver was transported to the emergency room for treatment and was released.

The last major crash occurred on A-1 near Hochwald. A driver sped on an icy road as he attempted and failed to pass a tractor trailer. The driver slid and hit the guard rail. Polizei fined the driver for speeding. The car was disabled.

Team Eifel members were involved in 54 minor crashes: 25 from speeding, three in a parking lot, seven from improper backing, 14 from inattentive driving, one with other at fault, two fled the scene, and two wildlife collisions.

Editorial Staff

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
Capt. Mike Cumberworth.....PA deputy
Tech. Sgt. Pamela Anderson.....PA NCOIC
Senior Airman Amaani Lyle.....Staff writer
Senior Airman Eydie Sakura.....Editor
Iris Reiff.....Leisure writer

*The Eifel Times flag on Page 1 features a photo of Cochem Castle by Staff Sgt. Gregory McIntyre, 702nd Munitions Support Squadron, Buechel Air Base, Germany.

Published by Verlag & Druck Wittich KG, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 52nd Fighter Wing. This commercial enterprise newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the Eifel Times are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Verlag & Druck Wittich KG of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the 52nd Fighter Wing Public Affairs Office staff. All photographs are U.S. Air Force photographs unless otherwise indicated.

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■ DirectLine@spangdahlem.af.mil

■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■ To PA in building 23.

■ Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.



Col. Dave Goldfein

March
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	414	99	- 57
23FS	413	112	- 19
81FS	344	106	- 37

*Delta is contract vs. sorties flown to date.

Through March 13

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

March 17, 2006

Page 5

From the top

Commanders may think ‘outside the box,’ but stock leadership kit with basic tools

By Lt. Col. Jim Harcarik
52nd Aerospace Medicine Squadron
Bioenvironmental Flight

Since my arrival here last summer, it has been a privilege and honor to serve as the 52nd Aerospace Medicine Squadron commander. The experience has been invaluable, and I thought I’d share some of my thoughts with you.

In my opinion, the top five tools that you need to have in your toolbox are:

1) Communication: This is the first skill you’ll need. It doesn’t matter if you’re talking to your boss or identifying expectations to personnel upon in-processing, you can expect standard results without effective dialogue.

2) Accountability: Every Airman has an important role while supporting the Air Force mission and is expected to meet higher standards of conduct while off duty. As required, the chain of command must always demand correction or risk sending a message that unacceptable behavior is really OK.

Every Airman has an important role while supporting the Air Force mission and is expected to meet higher standards of conduct while off duty.

ior is really OK.

3) Commitment: This is self-explanatory.

4) Recognition: Positive recognition costs nothing and also fills one of our most basic human needs, which is to be valued and appreciated.

5) Support: It is critical to receive or to support our external or internal families. It lets our personnel concentrate on their job at Spangdahlem Air Base or while they are deployed.

6) Responsibility: A leader must be willing to accept the responsibility for failure.

Author Greg Thomas once wrote:

“At the heart and core of leadership is also the willingness to take personal responsibility for a difficult decision. On June 6, 1944, in World War II, Gen. Dwight Eisenhower agonized over a difficult decision to allow Allied forces to land in Normandy, France. The weather had been poor and threatened to derail the Allied assault. A window of opportunity was closing and it was time for decisive action. Eisenhower gave approval for the landing. However, he also took the time to write an announcement to be broadcast in case the landing failed and the Allies were unable to secure a beachhead. In the handwritten announcement, Eisenhower accepted full responsibility for the failure.”

This is what I have learned since my arrival here, and I hope this article will serve you well.

Commander’s Direct Line

Post office hours

Comment: Where can I find the Air Force Instruction that has the base post office hours of operation, or the U.S. Postal Service Regulations for hours of operation?

The base post office should be open for all personnel assigned here, not just the people who work weekdays.

Also, if it is not a Sunday or federal holiday, should not the facilities be open, just like the U.S. Postal Service? For example, the Spangdahlem Air Base Post Office was closed Jan. 13 for a family day, yet the Ramstein Air Base facility was open.

Would the base post office consider running their service minimally manned on family days?

Reply: Thank you for allowing me to address your concern. The Spangdahlem AB and Bitburg Annex Post Offices are considered Military Postal Services, which are extensions of the U.S. Postal Service.

Although our post offices follow USPS rules for mail handling, they are actually under Defense Department authority and follow DoD Directive 4525.6-M, the corresponding U.S. Air Forces in Europe supplement and the 52nd Fighter Wing Commander’s policy. Overseas military post offices are manned with active-duty members which differs from stateside bases where they are manned by commercial contractors, and whose facility hours are governed by contract language.

Postal personnel at overseas locations are, as much as possible, afforded the same duty compensation as their command. Accordingly, the post office is approved to close its customer service areas on Sundays, wing-designated down days and monthly training days, and provide limited customer service hours on Saturdays from 10 a.m. to 2 p.m. Although the customer service areas may be closed these days, our postal troops are still sorting mail seven days a week. If an emergency arises that cannot be resolved the next duty day, Team Eifel members can call the postal superintendent at 452-6038.

To prevent inconveniences, the base post office will publicized facility closures through the Commander’s Access Channel, on AFN 105.1 FM, in the Eifel Times, and posted on the post office entrances.

-- Col. Dave Goldfein
52nd Fighter Wing commander

Culture Corner



Valerie McCamish

In honor of Women’s History Month, Bitburg High School family and consumer sciences teacher Val McCamish offered her perspective on life, past and present.

What’s most important in your job? *The opportunity to teach and be involved in a young adult’s life each day is most important for me. The students enlighten me so much that I can’t imagine doing anything else.*

Did you ever hear “girls can’t do that” when you were growing up? *I always knew, as a woman, I could do whatever I wanted. I learned that hard work, heart, and perseverance would make my dreams come true. However, I also realize that my mother came from a generation when women were not given the same challenges and motivation I was. This showed me how important it was to forge a path for myself and reach my goals.*

Who were your influences in life? *My mother and my home economics teacher were major influences for me. My father died when I was three and my mother was left to raise two young children. Though I never realized the obstacles my mother had to overcome, she provided me and my brother with a good life. As a result, my brother and I are each married and raising children of our own. At school, my teacher always encouraged involvement in student activities and motivated me beyond words. I became a home economics teacher so I could be like her.*



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Flea market

A flea market takes place Saturday from 9 a.m. to 2 p.m. in the Spangdahlem Elementary School multipurpose room and in building 434.

Benefit breakfast

An "all you care to eat" pancake breakfast takes place March 24 from 6-9:30 a.m. in the Spangdahlem AB fire department kitchen, building 47. The cost is \$5 and includes pancakes, sausage and coffee or juice. Proceeds benefit the Puckett family who recently lost their belongings in a house fire. Call Staff Sgt. Steven Gonzalez at 452-5292 for more information.

Teen center news

An after-school bowl-a-thon for teens takes place March 24 from 3-6 p.m. Cost is \$5 for members. Registration deadline is Tuesday. Visit the Bitburg Annex Teen Center in building 58 for more information.

J.R. Rockers

The Club Eifel restaurant J.R. Rockers now takes call-in orders for dinner, starting at 4 p.m. Orders can be made by calling 452-1670 and must be paid with a credit or debit card. Also, J.R. Rockers shows the television program "American Idol" Thursday nights.

Aggie call

The Texas Aggie Muster takes place April 21. The event begins with a dinner at 6 p.m. at Albachmuehle Restaurant on the B-50, near Bitburg. The muster celebrates the camaraderie and triumphs of Texas A & M University and its students. For more information, call Col. JP Fancher at 06561-695120, e-mail him at paradox@AggieNetwork.com, or visit www.AggieNetwork.com.

Grade school news

Spangdahlem Elementary School

♦ A PTSA general membership meeting takes place Thursday at 6 p.m. in the multipurpose room. Third-grade classes will perform "Child of the World" as part of the event. E-mail barbara.triplett@eu.dodea.edu or call 452-6881 for more information.

♦ A PTSA Book Fair takes place April 3-6 from 8 a.m. to 3:30 p.m. and April 5 from 5:30-8:30 p.m. in the school. Volunteers are needed March 31 to help set up the event and to help through the

week with book sales. E-mail brewers-five@hotmail.com for more information.

Spangdahlem Middle School

♦ The Seminar on Stress for adolescents and their families takes place April 6 from 4:30-6:30 p.m. Topics include physical signs of stress, stress reduction techniques and helpful resources. Call 452-7274 or 452-7205 to reserve seats.

Bitburg Middle School

♦ Students seek mentors for the second half of the school year. Volunteers must be willing to visit students for a minimum of one hour weekly during school hours. Call the school at 452-9310 or Pam Ragnoli at 06565-619310 for more information.

Talent show

A base talent show takes place April 10-11 in Spangdahlem Skyline Theater. The theater will not show movies these nights, however, extra movie showings take place April 16 and 29.

UMUC registration

Registration for University of Maryland University College-Europe Term 4 classes continues through March 24. Students can register online at www.ed.umuc.edu or visit the branch office, located in the base education center in Spangdahlem AB building 192. Term 4 on-site classes take place March 27-May 20. Online education courses run from April 3-July 7. Call 452-6637 or 452-7552 for more information.

Family Advocacy classes

Call the 52nd Medical Group Family Advocacy Office at 452-8279 to register or for more information.

- ♦ Anger management, session one of four begins Tuesday at 9 a.m.
- ♦ Passport to parenthood, a class for parents-to-be, takes place Wednesday from 1-4 p.m. in the Bitburg Annex Family Support Center.
- ♦ Effective child discipline; call the office to set up appointment.
- ♦ Breastfeeding pump program; call the office for more information.
- ♦ Spangdahlem AB preschool play-group meets Tuesdays from 10 a.m. to noon in Military Family Housing building 409a.
- ♦ Bitburg Annex preschool playgroup meets Thursdays from 10 a.m. to noon in building 2012.
- ♦ Caring for kids through divorce,

March 27 from 1-3 p.m. in Spangdahlem AB building 161.

Pinewood derby

The annual Eifel Cub Scout Pinewood Derby takes place April 1 at 3 p.m. in Old School in Fließesem. Entry costs \$1. E-mail hcautrey@hotmail.com or call Christine Autrey at 06569-960371 for more information.

Volunteer recognition

The deadline for the annual 52nd Fighter Wing Volunteer Recognition Ceremony award packages has been extended to March 31. The ceremony takes place April 21. For more information, call Tammy Kunz of the Family Support Center at 452-9491.

Interpreters needed

Volunteers who can fluent in English, German, French and Dutch are needed to help with community relations events throughout the summer. E-mail pamela.anderson@spangdahlem.af.mil or call 452-2475 for details.

FSC classes

Visit the Family Support monthly calendar Intranet link at <http://intranet/52FW/52MSG/52MSS/FSC/Calendar.asp> for dates of the next sponsorship training, German bills made easy class and more.

English classes

English as a second language is taught Tuesdays and Thursdays from March 27 through May 3 from 5-7 p.m. in Bitburg Annex building 2012. Cost is \$60, plus \$20 for a book. Call 452-7381 for details.

Volksmarching meeting

The Eifel Wanderers hiking club meets March 29 at 7 p.m. in Gasthaus Stein Reiter on Hauptstrasse in Metterich. Discussions include upcoming hikes and local tours. Newcomers are welcome. Arrive early and order dinner, if desired. E-mail eifelwander@hotmail.com for more information.

Spring bazaar

The Spangdahlem Spouses and Enlisted Members Club Spring Bazaar takes place March 31-April 2. More than 100 vendors will sell their wares at the event. Help is needed in a variety of capacities. Call Chuck or Kim Shock at 06575-903087 or e-mail spangvolunteers@yahoo.com for details.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Saturday, 5 p.m.
- ♦ Sunday, 8:30 a.m.
- ♦ Sunday, religious education, 9:45 a.m. (building 139)
- ♦ Monday - Thursday, 11:45 a.m. Protestant
- ♦ Sunday, 10:30 a.m., traditional service
- ♦ Sunday, 1 p.m., Korean service
- ♦ Sunday, 5 p.m., Sunday Night Live service

Bitburg Annex

Catholic Mass

- ♦ Sunday, 11:30 a.m.
- ♦ Monday, 8:30 a.m. Protestant
- ♦ Sunday, 8:15 a.m., Liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

THE URBAN COMEDY TOUR
FEATURING "ALMOST FAMOUS" STANDUP COMEDIANS

FEATURING "ALMOST FAMOUS" STANDUP COMEDIANS

Featuring Pierre

Saturday, March 18th

Doors Open at 8:30 p.m.

Club Eifel Ballroom

ADVANCE TICKETS:
\$15 MEMBERS/\$20 NONMEMBERS
AT THE DOOR TICKETS:
\$20 MEMBERS/\$25 NONMEMBERS
FOR ADULTS 18 YEARS AND OLDER ONLY



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through March 23. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Hoodwinked (PG, 7 p.m.)

Animated Chief Grizzly and Detective Bill Stork investigate a domestic disturbance at Granny's cottage, involving a girl, a wolf and an axe.

Grandma's Boy (R, 9:30 p.m.)

Alex, at 35, is developing the next great video game, but when his roommate spends all the rent money, Alex runs into some glitches.

Saturday

No 7 p.m. movie; base talent show

When a Stranger Calls (PG-13, 9:30 p.m.)

While babysitting, a high school student is terrorized by a stranger. The police notify her that the calls are coming from inside the house.

Sunday

Hoodwinked (4 p.m.)

Monday

Hoodwinked (7 p.m.)

Tuesday

When a Stranger Calls (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Annapolis (PG-13, 7 p.m.)

A young man from the wrong side of the tracks has his dream come true when he is accepted to the Naval Academy, but once he is there he is not sure he measures up.

Fun with Dick and Jane (PG-13, 9:30 p.m.)

A wealthy couple loses their main source of income, causing both to turn to a life of crime. The team organizes heists on their rich friends' accounts.

Saturday

Annapolis (7 p.m.)

Munich (R, 9:30 p.m.)

In the aftermath of the massacre of 11 Israeli athletes at the 1972 Munich Olympics a secret Israeli squad is assigned to track down the suspects who planned the attack.

Sunday

Fun with Dick and Jane (4 p.m.)

The Ringer (PG-13, 7 p.m.)

When Steve Barker finds himself running dead last in the corporate rat race, he attempts to rig the Special Olympics by pretending to be intellectually challenged.

Closed Monday and Tuesday

Wednesday

Annapolis (7 p.m.)

Thursday

Munich (7 p.m.)

Town celebrates Celtic past this weekend ...

Bitburg's annual Beda Market offers shopping, entertainment

By Iris Reiff
52nd Fighter Wing Public Affairs Office

Team Eifel members can browse booths and tents in Bitburg this weekend where vendors will market their wares in the spirit of ancient Celtic times at the town's annual Beda Market.

Today through Sunday, visitors can browse large-scale automotive and agricultural equipment displays and more than 50 different handicraft exhibits located near the Beda Haus cultural center.

Dr. Joachim Streit, the city's mayor, officially opens the market with a speech today at 11 a.m. at the Beda Platz. Bitburg's car dealers introduce the latest models from noon to 6 p.m. in the same location, and special artifacts are on display at the Beda Haus from noon to 6 p.m.

Amusement park rides operate from noon to 6 p.m. today in the Beda Platz and are open for the duration of the event.

An after-work social opens at 5 p.m. at the festival tent,

with the band Chock-a-block performing at 9 p.m. at the tent.

Activities continue Saturday at 10 a.m. with the opening of displays, car shows and entertainment.

A jazz brunch on Sunday, featuring a buffet with cold and hot specialties and musical entertainment, takes place from 9-11 a.m. in the festival tent. The cost is 5 euro per person.

A special Beda Market raffle featuring many prizes takes place Sunday at 3 p.m. in a large presentation tent and inside the Bitburg-Pruem Kreissparkasse bank. Another after-work social takes place at 5 p.m. in the festival tent.

A special farmer's market, recreational vehicle displays and book sales take place all three days of the event.

In addition, Bitburg shops are open Sunday from 1-6 p.m.

The city offers free shuttle service to and from the Bitburg Flugplatz from 8 a.m. to 6:30 p.m. Sunday.

Right, Bitburg's Jupiter Column continues to stand the test of time since the days when it graced the Roman protectorate until 400 A.D., which was formerly called Beda. The town's archeological "Römisches Bitburg" walk presents the remains of the Castle Vicus Beda. Far right and background, the Gäesstrepperbrunnen statues are located on Petersstraße and Hauptstraße. They tell the story of when a cunning plan for the town's children to dress as goats saved the residents of Bitburg from Swedish soldiers who had besieged the town. For more information about Bitburg's archeological walk, visit the town's information bureau located at Im Graben 2 in Bitburg.



Photos by Staff Sgt. Jennifer Lindsey

Out and About

For tickets, call the TV-Ticket-Hotline at 0651-7199-996 or visit the Bitburg TV office, located on Hauptstrasse 39a, unless specified otherwise. Events are subject to change. To check event schedules, call the ticket hotline or the tourist office of the town in which the event takes place. Call the German telephone information office at 11833 for tourist office telephone numbers.

♦ The Spangdahlem Caecilia church choir and the Eintracht 1927 men's choir perform together Saturday in the Spangdahlem community hall. Entry is free.

♦ Wittlich stores are open March 26 during the city's annual spring market.

♦ 21 walking groups, nine music bands and 20 floats parade a two-kilometer stretch through the streets of Esch, Luxembourg Sunday at 2:30 p.m. to celebrate fashioning. The parade also celebrates the 100th anniversary of Esch, Luxembourg's second largest city. Candy and small gifts will be

tossed to the public. There is a 5 euro entrance fee to the parade site.

♦ See the Magic Of Ireland dance show March 24 at the Morbach Baldenau hall.

♦ The Chinese National Circus takes place March 24 at the Trier Arena.

♦ A jazz show takes place March 28 at 8 p.m. in the Bitburg Beda Haus cultural center. Vince Weber and Frank Muschalle and the Kings of Boogie-Woogie will take the stage. For tickets, call the Bitburg Cultural Society at 06516-001225.

♦ Thomas Schwab & Band will be on stage April 8 at 8 p.m. at the Bitburg Beda Haus cultural center and April 29 at the Wittlich synagogue. Tickets are 24 euro. For more information call the ticket hotline at 06534-9499 894.

♦ An art exhibition by Markus Guthoerl is on display now through April 20 in the Speicher Arteform

gallery. The exhibition is open weekdays from 9 a.m. to 6 p.m. For more information, call 06562-974994.

Information, Tickets and Tours offers the following trips. Call 452-6567 or e-mail 52svs.itt@spangdahlem.af.mil, or visit the office in Spangdahlem AB building 124 at least two weeks before events to reserve seats.

♦ Disneyland Paris express, April 15. Cost is \$116 for adults, \$108 for children younger than 11.

♦ Belgian Grottos and Safari Park, April 15. Cost is \$59, \$49 for children ages 3-12.

♦ Bavaria overnight, April 15-16. Cost is to be determined.

♦ Keukenhof flower parade, April 22. Cost is \$86 for adults, \$78 for children.

♦ Paris express, April 22. Cost is \$109 for adults, \$99 for children.

♦ Dinner in the Ruedesheim slammer, April 22. Cost is \$79 per person.

Sports Briefs

Ladies Crud Tournament winners

Congratulations to the 726th Air Mobility Squadron ladies crud team who defeated the 22nd Fighter Squadron to win the Ladies Crud Tournament March 10 at Club Eifel. The 726th AMS team includes Capt. Kathleen Chamberlain, Brenda Kirk, Verna Cyr and Capt. Tammy McElhaney.

Base hosts B-Ball Championship

The Spangdahlem AB fitness center hosts the 2006 U.S. Air Forces in Europe Basketball Championships today through March 24. Championship games are scheduled for 1 p.m. for women and 3 p.m. for men on March 24.

The gym floor will close for general use during the championships. Circuit training classes will be held in the aerobics rooms or outside, weather permitting.

Aerobics schedule

The following free aerobics classes continue through March. For more information or to confirm class times, call the Spangdahlem AB fitness center at 452-6534.

Monday

Spinning for strength and endurance, 6 a.m.; 5-for-2 aerobics, 9 a.m.; sculpting aerobics, and Spinning for strength and endurance, 11:30 a.m.; circuit training, 3:30 p.m.; kickboxing aerobics, 5 p.m.; interval Spinning, 5:30 p.m.

Tuesday

Interval Spinning, 6 a.m.; sculpting aerobics at Bitburg Annex, 9 a.m.; Spinning for strength and endurance, 11:30 a.m.; 5-for-2 aerobics, 5 p.m.; advanced Spinning, 5:30 p.m.

Wednesday

Spinning for strength and endurance, 6 a.m.; LAB aerobics, 9 a.m.; cardio and sculpting aerobics, and Spinning for strength and endurance, 11:30 a.m.; circuit training, 3:30 p.m.; kickboxing aerobics, 5 p.m.; advanced Spinning, 5:30 p.m.

Thursday

Interval Spinning, 6 a.m.; cardio and sculpting aerobics at Bitburg Annex, 9 a.m.; interval Spinning, 11:30 a.m.; 5-for-2 aerobics, 5 p.m., advanced Spinning, 5:30 p.m.

Friday

5-for-2 aerobics, 9 a.m.; kickboxing aerobics, 11:30 a.m.; circuit training, 3:30 p.m.

Martial arts classes

♦ Practice Tai Chi Quan Mondays and Wednesdays from noon to 1 p.m. in the Health and Wellness Center, building 131, and Tuesdays and Thursdays from 6-7:30 p.m. in the Bitburg Annex gym, building 2013. Participants practice sword style for the first half of class at the Bitburg Annex gym and finish class in the hands-free style. Call Klaus Van Den Boom at 452-2392 for more information.

♦ Kuk Sool Won classes take place Mondays, Wednesdays and Fridays at 6:30 p.m. at the Spangdahlem AB fitness center.

♦ Aikido classes take place Tuesdays and Thursdays at 6 p.m. at Spangdahlem AB fitness center.

Intramural sports schedule change

The 2006 Intramural Volleyball and Indoor Soccer season resumes March 27 due to U.S. Air Forces in Europe Basketball scheduling.

Women's varsity softball

Tryouts for the base women's varsity softball team take place April 10-21. Potential players can practice at the Spangdahlem AB gym Saturdays from 9-11 a.m. Call Senior Master Sgt. Duane Haun at 452-6831 for more information about the upcoming season or practices.

Top this!

HAWC goes 'dough' nuts for veggie pie



Right, Staff Sgt. Ernesto Otero, 52nd Aerospace Medicine Squadron nutrition technician, shows Team Eifel members how to make a nutritious homemade pizza in the Health and Wellness Center healthy cooking class. Using non-stick spray, only a couple of

oil and low-fat mozzarella cheese keeps the calories and cholesterol level low and healthy ratings high. Top right, Sergeant Otero cuts fresh onions, mushrooms and bell peppers for a low-fat, vitamin-rich pizza on handmade whole wheat dough. Below, Lydia Banuelos, Bitburg Elementary School teacher, serves her fellow classmates. The next healthy cooking class takes place Thursday at 11 a.m. in the HAWC, building 131. Call 452-4295 for more information.



Photos by 1st Lt. Shannon Collins



Health and wellness information

Team Eifel members can visit the Web site Nutrition.gov for detailed information about food,

healthy nutrition, dangerous diets, meal planning and cooking, dietary supplements, weight management and more.

The Health and Wellness Center offers a variety of health and fitness classes on Spangdahlem AB. They include LEARN, jump start, Better nutrition, body composition improvement, cholesterol management, tobacco cessation, healthy living workshop, fitness improvement and more.

Visit the HAWC Intranet site at <http://intranet/52fw/52mdg/HAWC/> or call the center at 452-6995 for details.



Event set to test fitness for 'Iron' title

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

Fit friends, coworkers or families who feel they have what it takes to claim the title of Iron Team are encouraged to register for the base's free Iron Team Competition taking place Thursday at 3 p.m.

Teams, comprised of a minimum of five members with at least one member of the opposite sex, compete against each other in a variety of fitness-related challenges based on the Air Force physical training test. Challenges include team sprinting races, push-ups and sit-ups. First-, second- and third-place teams win prizes.

The competition isn't just for those with six-pack abs and pecs of steel though, said Juergen Stockemer, 52nd Services Squadron fitness manager. The event is all about camaraderie.

"The competition is a fun event," he said. "Any group of five people can play – not just squadron units. The emphasis is on team spirit and celebrating fitness."

Former Iron Team competitions were squadron events, but the event invite is now extended to "any team" to open the competition pool. The 52nd Equipment Maintenance Squadron claimed the traveling trophy that was the first-place prize in the Sept. 22 competition.

Call the Spangdahlem AB fitness center at 452-6634 to register or for more information.